

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXXII No. 11 November 2019

November Club Meeting

Movie Night - Our Favorite Trips of 2019

Monday, November 18, 2019 at 7:00 p.m.

Join us at our November meeting as we look back with stories, pictures and videos at our favorite paddling trips of 2019.

With over 100 trips scheduled by RICKA this year, it can be tough to pick a favorite, but we'll do just that. If you have a story you would like to share, please contact Erik Eckilson at eckilson@cox.net or 401-765-1741. Videos and slideshows should be no longer than 10 minutes and advance notice is required. We will have adaptors for connecting Mac and PC laptops to a projector, or bring a flash drive with videos or pictures.



The meeting will be held in the Community Center located behind the Louttit Library, 274 Victory Highway, West Greenwich, RI. Please note location.

Directions: From Route 1-95, take exit 5B to merge on to Route 102 North toward West Greenwich. The Louttit Library will be up the road about 3 miles on the right.

Turkey Paddle and Dinner at Webster Lake

November 2, 2019 – paddle at 10:30 a.m., dinner at 2:00 p.m.

We will meet at Point Breeze Marina for a paddle on Webster Lake, with dinner to follow at the waterfront Point Breeze Restaurant. The Point Breeze Restaurant is located at 114 Point Breeze Road, Webster, MA. Come for the paddle, come for the dinner, or both. RSVP required for dinner at:

<http://www.ricka-flatwater.org/formturkey.htm>

Contact Earl MacRae earlandpat@comcast.net 508-988-5589 with any questions.

Save the date

Paddle with Santa at Wickford Harbor

December 7, 2019 - details to follow

We will escort Santa as he arrives by boat at the Town Dock in Wickford. Always a fun event. Details will be posted on the [Flatwater Massage Board](#).



Follow us on Facebook

1,326 people like us – how about you?

<http://www.facebook.com/RhodeIslandCanoeKayakAssociation>

From the RICKA Library...

Stay Fit in the Offseason with these DVD's

Kayak Fitness

Kayak Fitness – the Fusion of Sport and Exercise is designed to improve your paddling as well as your overall fitness. The program moves through multiple segments broken down by the main muscle groups used in paddling. This DVD comes with 3 pre-programmed workouts, or you can create your own sequences tailored to your personal needs and time.

Paddler's Personal Trainer

Everyone who uses a paddle is at risk of injuring his or her shoulders. This tape will help you become stronger and more flexible, reducing this risk, and making you a safer and more effective boater. It includes help for kayak and canoe paddlers with a full flexibility workout, shoulder strength exercises focusing on the rotator cuff, and a pre-boating session

Yoga for Paddlers

Yoga increases strength, flexibility, balance, confidence and focus, which are all attributes of a skilled kayaker, canoeist or rafter. This video features two different workouts with instruction on poses, breathing and meditation. Work out regularly, and you can reduce your chance of injury and improve your boating

These are just three of the great books and videos covering the range of paddling topics that are available in our [collection](#). If you would like to check out these or any other selections, contact Bill Hahn at librarian@ricka.org. Library selections can be mailed to you with a postage paid return mailer provided at no cost to the borrower.

RICKA is an ACA



Paddle America Club

Executive Board:

The next Executive Board meeting will be held on November 6th at 7:00 p.m. at the [REI Cranston Store](#), 22 Chapel View Boulevard, Cranston. All are welcome to attend.

Newsletter Editor:

Erik Eckilson
11 Diana Drive
Woonsocket, RI 02895
Email: editor@ricka.org

Membership:

Sharon Dragon
P.O. Box 184
Hope Valley, RI 02832
Email: membership@ricka.org

The **Paddler** is published monthly except December by the Rhode Island Canoe & Kayak Association, Inc.

Submit your stories to the

Do you have a story that you could share, a picture, gear review or trip report? **Please consider sending it to the Paddler.** Chances are, there are a lot of people who would really enjoy seeing it.

Don't be shy, please send it along to editor@ricka.org!

Rhode Island Canoe & Kayak Association

Executive Board

President: Pat (Mayhew) Lardner401-524-8057..... pslardner@gmail.com
Vice President: Danny O'Shea401-527-3447..... doshea5031@aol.com
Secretary: Skye Pechie401-647-0074..... scitamb.2@juno.com
Treasurer: Andy Viera.....774-218-5731..... andyv51@hotmail.com

Members at Large:

Mike Bussell.....401-568-8605..... canoedad@cox.net
Peter Hill508-366-6381..... peter.kayaker@yahoo.com
Sean Murphy401-206-7829..... sean026@hotmail.com
Marty O'Loughlin508-336-9592..... maopao@comcast.net
Gary Powers401-743-3729..... garpow28@aol.com

Conservation: Ric Souza508-572-3095 rj_salty@yahoo.com
Flatwater: Cheryl Thompson401-497-5887..... stonefoxfarm@juno.com
Librarian: Bill Hahn.....401-524-1612..... librarian@ricka.org
Membership: Sharon Dragon401-225-3942..... membership@ricka.org
Safety & Education: Bill Luther.....401-527-4126... williamluther058@gmail.com
Sea Kayak: Carleen McOsker.....401-499-7007... carleenmcosker@icloud.com
Webmaster: Cheryl Thompson401-497-5887..... stonefoxfarm@juno.com
Whitewater: Paul Leclerc401-568-1103 paul_leclerc@hotmail.com
Wilderness: Chuck Horbert401-418-2838..... chorbert13@gmail.com



Adaptive Paddling

By Marjorie Turner Hollman

The rule, when working with folks with special needs, whether elderly, those with cognitive or physical disabilities, or any other special needs, is to be ready to adapt. The Adaptive Kayaking program the Blackstone Heritage Corridor planned with their partners, All Out Adventures, was scheduled for this fall at Wallum Lake, Douglas. The four sessions planned began in Douglas. Then Eastern Equine Encephalitis (EEE) reared its head and the town of Douglas, along with many other towns in Massachusetts, was considered to be under critical threat of people contracting the serious, even fatal disease.



Volunteers ready to help participants and volunteers get signed in

Rather than cancel the program, Suzanne Buchanan scrambled and found an available, suitable alternate location that would not subject participants to serious risk of exposure to EEE. Adaptive

Kayaking adapted, and moved to Regatta Point on the shores of Lake Quinsigamond in Worcester.

Rain never prevented the sessions from taking place, although the previous Saturday's program was interrupted by rain for a time. More adaptation was necessary, paperwork was put away to protect it from the wetness, and everyone sheltered for a time till the rain blew past. As a light drizzle continued, the intrepid volunteers and participants headed out. They were probably going to get a little wet anyway, right?

During another session, a bald eagle flew right overhead, offering an added, unplanned thrill for participants, volunteers and staff alike. One session was filmed by drone by Heritage Corridor Photography Ambassador Bob Evans (you can volunteer your photography skills!) Check out his five minute video [here](#).

The last morning of the program dawned cool and sunny. Volunteers, both experienced members of RICKA (Rhode Island Canoe and Kayak Association) as well as Corridor VIPs (Volunteers in the Park) arrived ready to get to work. Even as we set up registration tables, the whirring of helicopter blades sounded in the sky. Throughout our program, life flight helicopters at UMass Medical Center, right across the street from the park, came and went. A sober

reminder that for some, this was not a very good day at all....



Suzanne Buchanan having some fun

When the All Out Adventures van arrived, volunteers sprang into action. They had done this for the earlier sessions, and knew what was needed. Life Jackets were ready to be set out, waiting for participants to be carefully fitted prior to getting into kayaks. The boats were unloaded and brought to the shore. Adaptive equipment was readied, prepared for many different types of challenges our participants might bring to the event.

Prior to the arrival of the first participants, we gathered and received "marching orders" as it were, from Patty, from All Out Adventures. When it comes to dealing with the boats, Patty is in charge. Safety equipment was identified, and where we could quickly find it if needed. Everyone was given a clear role. Two volunteers turned out to be EMTs (Emergency Medical Technicians) and they were our designated first

Continued on page 4.

Continued from page 3.

responders. Participants began to arrive and everyone hurried to their places.

So much happens behind the scenes for an event of this type. Pre-registration allows for clarification of any needs the participant has that must be taken into account. The day of the event, additional information is gathered from each participant to assure everyone is cared for wisely.



Setting off! Smiles all around

Tandem and single boats are assigned, with volunteers ready to assist transferring participants into boats, and then taking the back seat of tandem kayaks to assure safe paddling experiences. Additional single kayaks hold experienced paddlers. One lead kayak, one at the back of the group, and another to the side, stand ready to assist if any problems developed.

At last(!) everyone was into boats and launched into Lake Quinsigamond. It was quite breezy, so the group of paddlers gathered in

the water and headed across the lake together.

Each of the four events in the total program offered several sessions, so this routine of gathering in the water, then heading out together was repeated each time they went out. We were blessed with sunshine the whole day for this last time.

While the outings were basically uneventful, even the experienced volunteer paddlers had a few harried moments, and were happy to report **NOBODY** even came close to getting a dunk in the lake!! A young boy and his mother stopped by as we were readying to go out, and they had never been in boats. We had room, got them signed up, paired them up with volunteer paddlers in available tandems, and they joined in on the fun.

The little guy worked hard to help out, but finally announced, “I have finished paddling. Everyone else can keep paddling. I’m done!” And he was. Back on the beach, his mom was all smiles and indicated that she was ready to step up as a volunteer. This is how it happens....

We even helped stalwart VIPs Dick and Jill celebrate their wedding anniversary. They were persuaded to try going out in a tandem kayak together. Others kept talking about how tandems are called “divorce boats,” and there were perhaps a few times their paddles crashed into each other, but they managed, and

both arrived on shore together and smiling. We all wished them a happy anniversary.



Thanks to all the volunteers

The four-session program could not have happened without the staff and kayaking equipment of All Out Adventures. The program was funded by the National Network of Libraries of Medicine (NNLM) through a grant written by the Blackstone Heritage Corridor, and Heritage Corridor staff, especially Suzanne Buchanan, was present and ran the program throughout the four sessions.

Happy trails, and happy paddling!

Marjorie Turner Hollman is a personal historian who loves the outdoors, and has completed three guides to easy walking trails in Massachusetts - “Easy Walks in Massachusetts 2nd edition”, “More Easy Walks in Massachusetts” and edited “Easy Walks and Paddles in the Ten Mile River Watershed”. You can visit her website at:

<http://www.marjorieturner.com>

RICKA Classifieds

Classified ads free for RICKA members and are printed here on space-available basis. Please see the [website](#) for the complete list.

- **PRICE REDUCED Women's Kokatat Expedition Drysuit** - burgundy with black trim. Great Shape. Left and right sleeve pockets, rear drop seat, front, chest entry. The Expedition sold for \$1,200. We are asking \$6500. Contact Gerry@SeaSherpaKayak.com
- **Tahe Greenland Model Kayak** - 18 x 20 white over white fiberglass. Ocean Cockpit in very good condition. No deep scratches, or damage - \$1,500. Contact aikijerry@gmail.com
- **Valley Skerrary** - 17 ft. X 23" - yellow rotomold, wire skeg, ocean cockpit and lots of rocker. Cost \$500. **Valley Avocet** - 16 ft. X 22". yellow rotomold, wire skeg, keyhole cockpit and lots of rocker. Cost \$500. **Dagger Baja** - 16 ft. X 22"- blue rotomold, integral rudder, keyhole cockpit. Cost \$500. Contact: Greg Paquin, Kayak Waveology, LLC. coach@kayakwaveology.com 860-304-4000
- **Old Town Discovery 16.9 Canoe** - blue rotomolded plastic, 1990s vintage, good condition, with 2 Mowhawk ABS paddles, in N. Kingstown, \$250. garywhitney3@cox.net
- **Betsie Bay Recluse** - Greenland Style Outfitted Boat; built/bought 2007/original owner; 19' long and 20 1/2" wide; weight 30 to 34 lbs.; with spray skirt, cockpit cover, Greenland Paddle (Tuktu), Brooks Tuilik (large), and other accessories; Excellent condition (stored indoors/only fresh water use); \$2750 (\$4500 value); Contact Charlie 518-234-9235 in Albany, NY area.
- **2011 Valley Etain Sea Kayak** - this is the 17-7 model. The boat is in excellent structural condition, with only a few cosmetic repairs to the gel coat on hull. \$1700 OBO. Located in North Kingstown, RI. Gary at glreynolds@hotmail.com or 401-295-1449
- **High performance paddle board** - approximate retail value of \$2K, offered \$900. **Valley Pintail** - if new, approximately \$4,500. This one in excellent condition; Asking 2,30. **Necky Gliss** - is new. A great value, offered @ \$1,240. Available for viewing on the East Side of Providence rogernc@mac.com or cell 401-339-4068
- **P&H Scorpio LV (2009)** - 16'7" Beam 22", custom cockpit with foam sacral block instead of back band, foam foot rest, and foam under-deck thigh pad (have original thigh braces and foot pegs for re-installation if desired). Boat is in very good condition. Always stored in garage. \$675.00 OBO. **Valley Aquanaut (2005)** - 17'7" Beam 22". The boat is very good to excellent condition. Foam sacral block instead of back band, new front and rear hatch covers. Always stored in garage. \$1,275.00 OBO. Will also consider a trade for right boat. Contact Fred at g33zr@gmx.com or text 401-569-6038
- **QCC500** - Fiberglass, length/width: 16' 10" x 23" cockpit: 30" x 16" yellow/white, nice stable boat. Comes with full-zip custom canvas cover and storm paddle. New skeg & cable. \$1,200 firm. **QCC700** - carbon kevlar, length/width: 18.0' x 21" cockpit: 30" x 16" Used 3 times, stored indoors, perfect condition. Includes cockpit cover; extremely fast. \$3000. Contact 401.480.7799
- **Necky Looksha IV** - fore and aft hatches, rudder, some poly dings repaired, new keel strip; double hard chines and rockered hull. About 54 pounds - \$1,500 OBO. Located in East Bay area. kayakjnj@yahoo.com
- **Snapdragon neoprene kayak skirt** - excellent condition. Cockpit size large, fits 18 wide x 33-35 length. Tunnel size small. 28-3 inches circumference - \$50. welcomelacefarm@yahoo.com
- **PRICE REDUCED Handmade Wooden Kayak with Wooden Paddle** - Wood Duck 12 hybrid from Chesapeake Light Craft. Fiberglass/epoxy so no maintenance required - \$1,500. Contact petemeboy@gmail.com
- **Valley Skerry RM Sea Kayak** - 17' x 23", bought new in 1994, well maintained. Skeg, ocean cockpit (slightly longer than the original ocean cockpit). Includes nylon spray skirt- \$400. **New Wave Cruise Control WW/Surfing Kayak** - 10.5" x 26", mid-90s design, well maintained, stored indoors, not too abused as it has been used for surfing - \$150. Contact Todd at tmoore991@gmail.com
- **Mad River Rampage** - 14' ABS whitewater canoe with both high initial and excellent secondary stability; it tracks well yet is very maneuverable. Equipped with an electric bilge pump that puts the water back in the river while you paddle. \$250. Alan, alan02860@usa.com or 401-725-3344.

Send your classified ads to RICKA Webmaster Cheryl Thompson, 53 Anan Wade Road, Glocester, RI 02857-2611 or webmaster@ricka.org. Include your name for membership verification. Please notify the Webmaster when your gear is sold so that the ad can be removed. Acceptance, duration and formatting of your ad are at the webmaster's and newsletter editor's discretion.